

MINUTES
San Bernardino County
BEHAVIORAL HEALTH COMMISSION MEETING
April 2, 2015 - 12:00-2:00 pm

Commissioners Present:

Ed O'Brien, Michael Grabhorn, Christopher Massa, Catherine Inscore, Troy Mondragon, Susan McGee-Stehsel, Monica Wilson, Veatrice Jews, Jane Ann Godager, May Farr, Jennifer Spence-Carpenter and Molly Wiltshire on behalf of Supervisor James Ramos

Excused Absence: David Miller, Akin Merino

Guests:

Susan Malkentine, Edgar Marble, TEAM House; Esther Parrell, Joanne Mitchell, Mike Gorman, Desiree Fierro, David Fillester, Faith Ikeda, Pathways; Danny Cisneros, Laverne H, Joseph Lewis, Justin Reyes, Matthew Parrell; Rosa Villegas, Lupita Mendez, El Sol; Zaraida Castro, Greg Vander-Haeghen, Amazing Place; Maria G. Mora, Beverly Scott, Yolanda Johnson, family members; Steven Hale, Valley Star; Laurence Gonzaga, IEHP; CaSonya Thomas, Veronica Kelley, Esmeralda Sanchez, Joshua Morgan, Jessica Headley, Aidery Hernandez, Emilia Arellano, Imo Momoh, Tracy Bomberger, Kristen Mungcal, Armando Chavez, Susanne Kulesa, André Bossieux, Sonia Guilfoos, Karen Cervantes, Annie Rivera, Andrew Gruchy, Sherwin Farr, Imo Momoh, Nenja Figueroa, Janeth Tran, Jamesia Brown, Michael Oliver, Douglas Fazekas, Aimara Freeman, Department of Behavioral Health (DBH). Minutes recorded by Debi Pasco, Clerk of the Behavioral Health Commission (BHC).

CALL TO ORDER AND INTRODUCTIONS

Debi Pasco, Clerk of the BHC, announced the appointment of Jennifer Spence-Carpenter to the BHC on 3/17/15, by Supervisor Kurt Hagman, Fourth District. Welcome, Jennifer!

Chair Susan McGee-Stehsel called the meeting to order at 12:10 p.m. Commissioner Spence-Carpenter led the Pledge of Allegiance and self-introductions followed.

CULTURAL COMPETENCY AWARD OF EXCELLENCE

Dr. Morgan is an excellent example of cultural competency in action. Currently, Dr. Morgan is the Chair of the Cultural Competency Spirituality Subcommittee. He is a great proponent of whole person, client-driven care, provides excellent cultural competency training throughout our communities, and continuously advocates for inclusiveness when developing or updating business processes. Dr. Morgan has been an active participant in a pilot project with the Inland Empire Concerned African-American churches. This project is intended to support and build mental health friendly congregations. In addition, he has conducted trainings throughout the community on the topic of Spirituality in Behavioral Health treatment. Finally, Dr. Morgan continuously advocates for ensuring that the data and information that our public behavioral health system collects is inclusive and comprehensive and advocates for culturally appropriate methodology processes when collecting the data. Dr. Morgan's dedication to inclusive business practice can be demonstrated by his actions in creating standards for a data collection process. To improve the likelihood that consumers receive culturally congruent services, Dr. Morgan is developing expanded options for collecting consumer information related to sexual orientation to include Heterosexual, Bisexual, Pansexual, Gay Male, Lesbian/ Gay Female, Asexual, Questioning, and Other. In addition, he advocates for including expanded ethnic and cultural categories to be included as part of the "standard" information we collect as a department.

EDUCATIONAL PRESENTATION: Fetal Alcohol Spectrum Disorders presented by Dr. Christina Chambers and Dr. Kenneth Jones, University of CA, San Diego

Fetal Alcohol Spectrum Disorders (FASD) is a pattern of physical and mental defects that can develop in a fetus in association with high levels of alcohol consumption during pregnancy. Alcohol crosses the placental barrier and can stunt fetal growth or weight, create distinctive facial abnormalities, and damage neurons and brain structures, which can result in intellectual disability and other psychological or behavioral problems.

- High level alcohol exposure presents a risk of fetal brain damage at any point during a pregnancy, since brain development is ongoing throughout pregnancy, and can cause more brain injuries to a developing fetus than all other drugs combined.
- FASD is the #1 known preventable cause of intellectual and behavioral impairment, and just as common as autism

- Providers may now bill for alcohol-related neurodevelopmental disorders as it appears in the DSM-V appendix

Contributing factors in the prevalence of FASD:

- 50% of pregnancies are unplanned. Unaware of pregnancy until 8 weeks or more
- Lack of awareness of the risks of drinking alcohol while pregnant.
- Women don't think of alcohol as a substance. May not think beer or wine as 'alcohol'. May not be aware or in denial about the amount they drink

Prevention of FASD:

- Provide all patients with information about alcohol, contraception and FASDs
- One of the strongest predictors of substance use during pregnancy is its use before pregnancy
- Provide alcohol screening to women of child-bearing age
- Provide brief alcohol intervention for women at risk
- Provide targeted alcohol treatment and promote contraception use for women at highest risk (women who have a child with FASD and women with a history of alcohol abuse/dependence)

PUBLIC COMMENTS

Matthew Parrell thanked DBH for the opportunity to engage in their many services and programs. Before he came to DBH he lacked self-esteem and the ability to communicate his needs appropriately. Now he is working as a DBH volunteer in Medical Records and is very proud of his performance and self-confidence.

NEW BUSINESS ITEMS – ACTION ITEMS

Review Minutes of 3/5/15

APPROVED

Motion/Second: Michael Grabhorn/ Jennifer Spence-Carpenter

AYES: Ed O'Brien, Veatrice Jews, Catherine Inscore, Troy Mondragon, Chris Massa, Jane Ann Godager, May Farr, Molly Wiltshire on behalf of Supervisor James Ramos

ABSTAIN: Susan McGee-Stehsel, Monica Wilson

Approve Behavioral Health Commission Annual Report 2012-2014

APPROVED WITH CHANGES

Motion/Second: Ed O'Brien/Monica Wilson

AYES: Susan McGee-Stehsel, Veatrice Jews, Catherine Inscore, Michael Grabhorn, Troy Mondragon, Chris Massa, Jennifer Spence-Carpenter, Jane Ann Godager, May Farr, Molly Wiltshire on behalf of Supervisor James Ramos

CHAIR'S REPORT

Chair Susan McGee-Stehsel: Cal State University San Bernardino (CSUSB) nursing students are available to conduct educational presentations in the community. Kristen Mungcal, DBH Program Manager I, is assisting to coordinate presentations at clubhouses. Susan and the nursing students are also part of the Waterman Gardens Revitalization Project. Please review and comment on the draft FY 2015-16 Mental Health Services Act (MHSA) Annual Update posted on the DBH internet through 4/20/15. The MHSA Annual Update Public Hearing will be held at the BHC meeting on 5/7/15.

The Promotores de Salud and African American Community Workers do a wonderful job educating community members and families about mental health wellness; a new round of training classes will begin soon.

COMMISSIONERS' REPORTS

First District:

Commissioner Ed O'Brien announced that April is Autism Awareness Month. He has been reviewing DBH Request for Proposals. He conducted a program visit with the DBH Recovery Based Treatment Team (RBEST), and was impressed with the team's dedication in assisting clients as well as the family members. In his day job as Deputy Public Defender, he has taken many calls to clear criminal cases.

Commissioner Michael Grabhorn will attend the planning commission in the high desert to express his concerns regarding the proposed restrictions on transitional housing. Mike attended the Safe and Sober Prom 2015 kick-off event at Granite High School. Supervisor Robert Lovingood and DA Michael Ramos were on hand to voice their support of the program aimed at reducing teen drinking and driving. DC Comics is moving towards incorporating more superheroes of color as well as sexual preference.

Second District:

Commissioner David Miller attended the Community Policy Advisory Committee (CPAC) meeting in February, where outcomes for Innovation programs were discussed. He will attend the CA External Quality Review (CAEQRO) exit interview. Amazing Place Board is engaged and active in the center as well as DBH activities and meeting. There is a new Mental Health Education Consultant working in the Clubhouse Program that has extensive experience working with the homeless.

Secretary May Farr announced that San Bernardino County is the only county in the state that has a Room and Board Coalition that provides consumers a resource tool to assist in renting health, safe, well managed and quality room and board housing. She participated in the FY 2015-16 MHSA Annual Update stakeholder engagement on 3/19/15.

Third District:

Commissioner Catherine Inscore announced the upcoming mental health fair at Copper Mountain College in Joshua Tree on 5/12/15. They expect approximately 300 students. DBH will be on site to provide resource information.

Commissioner Chris Massa congratulated DBH Deputy Director Michael Schertell for receiving the Lifetime Advocate Award at the Shine a Light on Child Abuse Awards Breakfast this morning. Timothy Hougen, DBH Program Manager II, was also recognized for integrating the Child Adolescent Needs and Strengths (CANS) tool across the Children's Network and DBH clinics.

To kick-off May Mental Health Month (MMHM), Commissioner Troy Mondragon urged everyone to wear lime green at the next BHC meeting on 5/7/15. Troy will speak at the Diocese of San Bernardino Behavioral Health conference on 5/13/15. For the last several years the faith based community movement has been impressive and he is proud to be part of it. For MMHM on 5/6/15, CSUSB will host a parade of flowers outside the gates of the college. You can't address stigma behind closed doors.

Fourth District:

On behalf of Commissioner Akin Merino, Vice Chair Monica Wilson reported that Dr. Merino presented at the Inland Empire Relationship Conference. She recently attended two funerals, suicides from mental illness, which generated dialogue on the effects of stigma and whether the behavioral health community is doing enough to reduce such tragedies. Argosy University, in partnership with National University will host a Student Mental Health Spirituality Conference on 5/30/15.

Vice Chair Monica Wilson publicly thanked DBH Deputy Director Sarah Eberhardt-Rios and Michelle Dusick for assisting her in a last minute request from Rancho Cucamonga's Healthy Communities Steering Committee meeting to present on DBH services. Michelle gathered information and Sarah presented at the meeting with Monica. The presentation was a great success. Monica will attend the CA Mental Health Planning Council meeting April 15-17, in San Pedro.

Jennifer Spence-Carpenter thanked everyone for their warm welcome. She is pleased to attend her first BHC meeting and looks forward to continued advocacy.

Fifth District:

Treasurer Veatrice Jews thanked Director Thomas for officially responding to Linda Hart's request during the March BHC meeting on behalf of Pastor Hodari. Veatrice provided Director Thomas with a letter of request on behalf of the Inland Empire Concerned African American Churches. Director Thomas will respond to this request as well. Veatrice attended the DBH External Quality Review exit interview and has reviewed Request for Proposals.

Commissioner Jane Ann Godager attended the community meeting at the Transitional Age Youth (TAY) Center, where the neighborhood and the community were introduced to plans for a new 16-bed crisis residential center to be located in the in San Bernardino on Gilbert Street in the near future. The CA Senior Legislature (CSL) is in dire financial straits and will not be holding

their October annual session in Sacramento; instead they will meet via conference call. Please donate by checking the CSL box on your state income tax form for 2014.

DIRECTOR'S REPORT

Director Thomas thanked the BHC for embracing and supporting upcoming events to celebrate May Mental Health Month. DBH is honored that Children's Network selected Michael Schertell for the Lifetime Advocate Award and Timothy Hougen was recognized for valuable contributions to children/youth services.

To celebrate Public Service Recognition Week in May, the county honors selected employees through the annual Award for Excellence Program. The 2015 DBH recipient is Dr. Gurmit Sekhon, who lives by his motto, "Assess, Respect and Connect":

- Assess the client as a whole person to determine psychiatric, medical and social needs.
- Respect: Show respect to the client and let them know they are important.
- Connect the client to appropriate resources to meet their needs.

Dr. Sekhon began his life long career with DBH in 1989, and currently works at the Crisis Walk-in Center, Hospital Diversion and serves as the Clinic Medical Director at Phoenix Community Counseling Center. We are privileged to work with Dr. Sekhon!

In 2014, Senate President pro Tempore Darrell Steinberg (retired) founded the Steinberg Institute for advancing behavioral health policy and leadership. In partnership with the County Behavioral Health Directors Association of CA (CBHDA) the Steinberg Institute released a data-driven study of MHSA services. The evidence is clear that investing in mental health services saves lives and money:

- Homelessness DOWN 47%
- Emergency mental health/substance use care DOWN 79%
- Psychiatric hospitalizations DOWN 42%
- Arrests DOWN 82%
- Incarcerations DOWN 27%
- Child out-of-home placement DOWN 60%
- Living independently UP 14%
- Academic improvement UP 22%

OUTSIDE AGENCY AND OTHER REPORTS

Karen Cervantes announced the following May Mental Health Month activities:

- 5/1/15, 2-6pm: **Meet the Artist Art Exhibit**, Koehler Gallery, 8536 Sierra Ave, Fontana (artwork will be on display May 1-28)
- 5/7/15, 12-2pm: **Behavioral Health Commission** celebrates May Mental Health Month, 850 E. Foothill Blvd, Auditorium, Rialto (light refreshments provided)
- 5/14/15, 5-8:30pm: **Directing Change Screening & Award Ceremony**, Lewis Family Playhouse Victoria Gardens, 12505 Cultural Center Dr., Rancho Cucamonga
- 5/27/15, 6-8:30pm: **10th Annual Evening with the Stars**, DoubleTree by Hilton Hotel, 222 N. Vineyard Ave, Ontario

ADJOURNMENT:

Meeting adjourned at 2:09 p.m.

Susan McGee-Stehsel, Chair
Behavioral Health Commission

Debi Pasco
Clerk of the Behavioral Health Commission